

Yunnan

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Brief

Yunnan, referred to as "Yun" or "Yunnan", is located in the southwest of China and borders many countries. The climate here is complex, with monsoon, low-latitude and plateau climate characteristics. "One mountain has four seasons, and the weather is different every ten miles." It is the "animal kingdom" and "plant kingdom" with diverse biodiversity and magnificent landscapes, including Meili Snow Mountain and Yulong Snow Mountain. 26 ethnic groups live here, and the ethnic culture is rich and colorful. The ancient city of Lijiang and the Hani terraces are well-known, with unique charm and fascinating.

Why Go Here

- Magnificent natural landscape
- Pleasant climate
- Colorful ethnic culture
- Rich historical sites
- Many special cuisines

Basic info

Time zone: CST (UTC+8)

Area code: +86/0871

Postal code: 650000

Language: Mandarin

Currency: RMB, called "Yuan", "Jiao", "Mao",

10 Jiao = 1 Yuan

Plug:  

Voltage: 220V

Frequency: 50 Hz

Currency conversion:

RMB: ¥

US dollars: 1 USD = 7.2559 RMB

1 RMB = 0.1378 USD



Police: 110

Medical Care: 120

Traffic Accident: 122

Fire Emergency: 119

Sights

Lijiang Old Town 丽江古城



Lijiang Ancient Town is a famous town on the Ancient Tea Horse Road with a history of 800 to 900 years. With wooden buildings and green tiles, you can see the Jade Dragon Snow Mountain from afar. It is one of the ancient towns that have successfully applied for World Heritage status, and the residential houses have distinctive characteristics.

Address

Qixing Street, Old Town District, Lijiang City,
Yunnan Province 云南省丽江市古城区七星街

Recommended play time: 1-9 days

Opening Hours

Open all day

Transportation

- Take bus No. 4 or No. 18 to Zhongyi Market and walk about 1 km to the destination; or take bus No. 2 or No. 13 to get off at the Ancient City Parking Lot Station, or take bus No. 7 to get off at the Department Store and walk in from the North Gate of the Ancient City;

Or take bus No. 2, No. 3, No. 12 in the city and get off at Nanmen Street Station and walk in from the South Gate of the Ancient City.



Erhai Lake is located to the east of Dali Ancient City and at the foot of Cangshan Mountain. It is famous for its beautiful scenery and characteristic villages and towns, and is one of the four famous scenic spots in Dali. The scenery of Shuanglang on the east bank is outstanding, and the "Erhai Divine Light" with the green mountain background is deeply favored by photography enthusiasts.

Address

No. 1, Erhe South Road, Xiaguan, Dali City, Dali Prefecture 大理州大理市下关洱河南路1号

Recommended play time: 6-9 days

Opening Hours

Open all day

Transportation

- You can walk to Erhai Lake from the ancient city; take bus No. 11 and get off at Longshan Market Station; or take a taxi or a horse carriage.

Yulong Snow Mountain 玉龙雪山



Yulong Snow Mountain is a sacred mountain in the hearts of the Naxi people. The main peak, Fanzidou, is about 5,596 meters above sea level and has not been conquered. The 12 snow peaks are rich in natural landscapes, covering a variety of landscapes such as snowy areas, and azaleas bloom in season. The scenic area includes attractions such as Yushuizhai, and the Blue Moon Valley has the "Impression of Lijiang" performance.

Address

Xuehua Village, Yulong Naxi Autonomous County, Lijiang City, Yunnan Province
云南省丽江市玉龙纳西族自治县雪花村

Recommended play time: 3 days

Opening Hours

07:30-16:30 all year round

Transportation

- There is a No. 101 bus that goes directly from Lijiang city to Jade Dragon Snow Mountain. When you arrive at the entrance of the scenic area, staff will get on the bus to collect the mountain entrance fee and then the bus will continue to the visitor center. There you can pay extra to transfer to a bus within the scenic area to go to the Moon Valley or the cableway entrance.

④ Pudacuo National Park 普达措国家公园



Pudacuo is located in the center of Greater Shangri-La. It is an important part of the "Three Parallel Rivers". It is composed of Bita Lake and other major attractions in Shangri-La. The ecology here is primitive and the landscape is rich. It is a paradise for photography enthusiasts. It is best to visit and take photos in spring and autumn.

Address

Hongpo Village, Jiantang Town, Shangri-La City,
Diqing Tibetan Autonomous Prefecture
迪庆藏族自治州香格里拉市建塘镇红坡村

Recommended play time: 3 days

Opening Hours

08:30-16:00 all year round

Transportation

- There is one bus to Pudacuo from Shangri-La Bus Station every day, which costs 30 yuan per round trip. It departs at 9:30 in the morning and returns at 15:00 in the afternoon.

⑤ Xishuangbanna Single Tree Forest 西双版纳独树成林



The "Single Tree Forest" scenic spot in Xishuangbanna is named after an ancient banyan tree that is more than 50 meters high. The tree is over a thousand years old, with a wide spread. Its aerial roots form supporting roots, creating a unique sight of one tree with multiple trunks. It contains national culture and is a natural wonder and high-quality material for people in various fields.

Address

China-Myanmar Street next to Manzhang Village in the border trade zone of Daluo Town, Menghai County, Xishuangbanna Dai Autonomous Prefecture, Yunnan Province

云南省西双版纳傣族自治州勐海县打洛镇边境贸易区内的曼掌寨子旁中缅街

Recommended play time: 3 hours

Opening Hours

8:00-18:00

Transportation

- Airplane: Xishuangbanna is about 600 kilometers away from Kunming. Tourists from other places can arrive in 50 minutes by plane from Kunming.
- Bus: There are several passenger stations next to Kunming Railway Station that can reach Xishuangbanna. It usually takes seven hours to arrive.



Yuanyang Hani Rice Terraces are located in the southern part of Ailao Mountain. They are the masterpiece of the Hani people and consist of 4 parts. The terraces are spectacular, and you can watch the sunrise and sunset as well as the village style. The sunrise over Duoyi Tree is beautiful, and the wonders of the terraces are often reflected by the colorful clouds, which is deeply loved by photographers.

Address

Qingkou, Xinjie Town, Yuanyang County, Honghe Prefecture 红河州元阳县新街镇箐口

Recommended play time: 6 days

Opening Hours

Open all day;
Opening hours of important scenic spots in the scenic area: 06:00-19:30.

Transportation

- Shuttle bus: ① Take the Kunming-Yuanyang bus from Kunming South Bus Station.

The ticket is about 139 yuan per person and the journey takes about 5-6 hours.

- ② Take a bus from Kunming to Jianshui or Gejiu, and then transfer to Yuanyang..



The hot springs in Qingshui Township, Tengchong, cover an area of about 9 square kilometers, with more than 80 gas springs and hot spring groups, 10 of which have water temperatures exceeding 90°C. The big boiling pot and other springs have their own stories, and you can see "eggs sold on strings", and you can also experience facilities such as sanatoriums and bathrooms.

Address

Liujiazhai, Tengchong City, Baoshan City,
Yunnan Province 云南省保山市腾冲市刘家寨

Recommended play time: 4 hours

Opening Hours

09:00-18:00 all year round

Transportation

- Public transportation

Next to the "Red Tea Factory" bus stop on Rehai Road in Tengchong County, there is a van that goes directly to Rehai Scenic Area. The fare is 6 yuan and there are irregular times.

Take bus No. 2 in Tengchong County and get off at the terminal [Rehai Scenic Area]. The fare is 1 yuan.

- Taxi

Take a taxi from Tengchong to Rehai Scenic Area. The fare is 25 yuan.

Shilin Scenic Area 石林风景区



The Stone Forest Scenic Area is located in Shilin County, Kunming. It is a local key attraction. It is a typical karst landform with various stone peaks. The various areas of the scenic area are scattered, with the Big and Small Stone Forests as the center. Conventional tours mostly refer to the Big and Small Stone Forests.

Address

Shilin Avenue, Shilin Yi Autonomous County,
Kunming City, Yunnan Province 福云南省昆明市石林彝族自治县石林大道

Recommended play time: 3 days

Opening Hours

07:30-17:30 all year round

Transportation

- Take the tourist through bus to Stone Forest Scenic Area from Kunming East Bus Station. The bus will depart when full between 08:00-18:00 and the journey takes about 2 hours.

Eating

In Yunnan, food and customs are interwoven to create a unique charm. You can taste the freshness of cross-bridge rice noodles, the richness of Xuanwei ham, and the tenderness of Shiping tofu. The Bai people post "song couplets", the Naxi people celebrate the "Three More Festival", the lively Dali "March Street", and the passionate Mouding "March Meeting", all show the colorful customs.

◆ Yunnan Bridge Noodles 过桥米线

The soup is made from large bones, old hens, Xuanwei ham, etc., and is paired with raw meat slices, mullet slices, etc. There is a particular way to eat it. First drink the soup, and then add raw meat, cooked meat, vegetables, rice noodles, etc. in turn. It has a rich and delicious taste and is rich in nutrition.



◆ Yunnan Steam Pot Chicken 云南汽锅鸡

Made in a special earthenware steamer, the chicken is original and tender. Wash the chicken and put it into the steamer, add ginger, salt, onion, grass fruit, etc., seal it with gauze and steam it. The chicken is tender and boneless, the soup is fresh and tender, and the soup is rich. It is a healthy delicacy.



◆ Yunnan Xuanwei Ham 云南宣威火腿

Yunnan Province's famous local specialty, named after Xuanwei. Thin skin and thick meat, fat and lean, rich aroma, bright color. There are many ways to make it, such as boiling, frying, braising, stewing, steaming, etc. It has excellent quality and is often called "Yunnan Ham".



◆ Yunnan Bait Block 云南饵块

It is made from rice, which is washed and soaked, steamed, rinsed, kneaded, and pressed into shape with a wooden mold. It can be cut into strips or slices and then cooked. It has different flavors. It is popular in Kunming and Dali and is one of the 18 wonders of Yunnan.



◆ Yiliang Roast Duck 宜良烤鸭

A famous traditional dish in Yunnan Province, with a history of over 600 years. The duck meat is fat but not greasy, the skin is crispy, the inside is tender and fragrant, the color is bright red, and the fragrance is separated from the bones, with the local characteristics of Yunnan.



◆ Shiping Braised Tofu 石屏烧豆腐

Yunnan specialty snacks have a history of more than 400 years. They are simple to make and are known for their delicate and smooth texture, strong chewiness, unusual fragrance and rich local flavor. They are often used as holiday gifts and are common in Kunming's New Year Market.



Notes

Hospital

● The First Affiliated Hospital of Kunming Medical University

昆明医科大学第一附属医院

Address: No. 295, Xichang Road, Kunming, Yunnan Province

Tel: 0871-65324888

Website: <https://www.ydyy.cn/>

Opening hours: 24 hours

● The Second Affiliated Hospital of Kunming Medical University 昆明医科大学第二附属医院

Address: No. 178 Xuefu Road, Kunming, Yunnan Province

Tel: 0871-65351081

Website: <https://www.kmhospital.com/>

Opening hours: 24 hours

● The First People's Hospital of Yunnan Province 云南省第一人民医院

Address: No. 157, Jinbi Road, Kunming, Yunnan Province

Tel: 0871-63639921

Website: <https://www.yp-hospital.com/>

Opening hours: 24 hours

Contact Us



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Yunnan Attractions Map

